

Khajoor

Nabi-e-Kareem ﷺ ne jin ghizaaon ko tanaawul farmane ka sharf bakhsha un mein se ek "khajoor" bhi hai. Khajoor ka shumaar Nabi-e-Kareem ﷺ ki mehboob tareen ghizaaon mein hota hai.

Khajoor ke darakht ki oonchai chalees se pachaas feet tak hoti hai aur is mein do se chhah feet ki lambi daaliyaan lagti hain, is ka phal khajoor jab kacha ho to rang mein hara, lambai mein ek inch tak hota hai aur phir pak jaane ke baad laal/ peelay rang ka ho jata hai. [Khazainul-Adwiya, 3/415]

Khajoor ka mizaaj: Khajoor ka mizaaj doosre darje mein garam aur pehle darje mein khushk hota hai.

[Khazain ul-Adwiya, 3/415]

Quran-e-Pak mein khajoor ka zikr: Quran-e-Paak mein kai maqamaat par khajoor ke drakht, baagh aur khajoor ka zikr aaya hai, aaiye! chand maqamaat mulaahaza kijiye, chunancha Quran-e-Kareem mein Allah Paak irshaad farmata hai:

1. اَیَوَدُّ اَحَدُكُمْ اَنْ تَكُوْنَ لَهٗ جَنَّةٌ مِّنْ نَّخِیْلٍ وَّ اَعْنَابٍ تَجْرِیْ مِنْ تَحْتِهَا الْاَنْهٰرُ Tarjuma Kanzul Irfan: Kya tum mein koi yeh pasand karega ke us ke paas khajoor aur angooron ka ek baagh ho jis ke neeche nadiyaan behti hon. [Para:3, Al-Baqarah: 266]

2. یُنْۢبِتُ لَكُمْ بِهِ الزَّرْعَ وَ الزَّیْتُوْنَ وَ النَّخِیْلَ وَ الْاَعْنَابَ وَ مِنْ كُلِّ الثَّمَرٰتِؕ اِنَّ فِیْ ذٰلِكَ لَاٰیَةً لِّقَوْمٍ یَّتَفَكَّرُوْنَ Tarjuma Kanzul Irfan: Is paani se woh tumhare liye kheti aur zaitoon aur khajoor aur angoor aur har qism ke phal ugaata hai, beshak is mein ghaur-o-fikr karne walon ke liye nishani hai. [Para:14, An-Nahl, 11]

3. وَ هُزِّیْۤ اِلَیْكِ بِجِذْعِ النَّخْلَةِ تُسٰقِطْ عَلَیْكِ رُطَبًا جَنِیًّا(۲۵) Tarjuma Kanzul Irfan: Aur khajoor ke tanay ko pakad kar apni taraf hilao, woh tum par umda taaza khajoorein giraaye ga.

[Para:16, Maryam, 25]

Is ayat mein Hazrat Maryam رضی اللہ عنہا se kaha gaya ke aap jis sookhe tanay ke neeche baithi hain usay apni taraf harkat dein to is se aap par umda aur taaza paki hui khajoorein girengi. Maloom hua ke hamal ki haalat mein aurat ke liye khajoor khana faaida mand hai. Khajoor mein iron bohot hota hai jo bache ki sehat-o-tandurusti mein bohot muavin hota hai, albatta is haalat mein khajoorein apni tabaee haalat ko pesh-e-nazar rakh kar hi kam ya zyada khaai jaayein. [Sirat ul-Jinan, 6/89]

Khajoor se mutalliq Ahaadees:

1. Hazrat Anas bin Malik رضی اللہ عنہ se riwayat hai ke Nabi-e-Kareem ﷺ ne irshaad farmaya: Maine ek raat khwab dekha goya ke hum Uqba bin Rafi ke ghar mein hain, pas humare aage tar khajoorein laai gayin, jis ko Ibn Taab ki khajoor ka naam diya jata hai. Maine is khwab ki tabeer yeh ki hai ke humara darja dunya mein buland hoga, aakhirat mein nek anjaam hoga aur yaqeenan humara deen behtar aur umda hai. [Muslim, p960, Hadees: 5932]

2. Hazrat Ali رضی اللہ عنہ se riwayat hai ke Nabi-e-Kareem ﷺ ne irshaad farmaya: Tumhari jin auraton ke haan bacha paida ho un ko taaza khajoorein khilao aur agar taaza khajoorein maisar na hon to khushk khajoorein khilao. [Jami Sagheer, p88, Hadees: 1432]

3. Hazrat Anas رضی اللہ عنہ bayan karte hain ke meri walida Hazrat Umme Sulaim رضی اللہ عنہا ne mere haath khajooron ka ek tokra Rasoolullah ﷺ ki khidmat mein bheja. Aap mujhe ghar mein na mile. Aap qareeb hi apne ek azaad karda ghulam ke

haan tashreef le gaye thay. Us ne aap ko dawat di thi aur Nabi-e-Kareem ﷺ ke liye khana tayyar kiya tha. Main haazir-e-khidmat hua to aap khana tanaawul farma rahe thay. Aap ne mujhe apne saath khana khane ki dawat di. Un sahib ne kaddu aur gosht daal kar thareed bana rakh tha. Maine dekha ke Huzoor ﷺ ko kaddu acha lagta hai to main kaddu ke tukde bartan ke atraf mein se jama kar ke aap ke qareeb karne laga. Jab hum logon ne khana kha liya to aap wapas ghar tashreef le gaye. Maine khajooron ka tokra aap ke saamne rakh diya. Aap ne khajoorein khana aur taqseem karna shuru kar diya hatta ke khatam kar ke farigh ho gaye.

[Ibn Majah, 4/28, Hadees: 3303]

❹ Hazrat Ikraash bin Zuaib رضی اللہ عنہ bayan karte hain ke Nabi-e-Akram ﷺ ki khidmat mein ek thali laai gayi jis mein bohot sa thareed aur roghan tha, hum sab is mein se khane lage, main apna haath piyale mein har taraf phair raha tha to Nabi-e-Kareem ﷺ ne farmaya: Aye Ikraash! Ek jagah se khao, is liye ke yeh poora ek hi khana hai, phir ek tabaq laaya gaya jis mein mukhtalif aqsaam ki taaza khajoorein theen to Rasool Allah ﷺ ka haath tabaq (thaal) mein charon taraf ghoomne laga, phir aap ne irshaad farmaya: Aye Ikraash! Jahan se ji chahe khao, is liye ke is mein kai tarah ki khajoorein hain. [Ibn e Majah, 4/15, Hadees: 3274]

❺ Hazrat Aisha Siddiqa رضی اللہ عنہا bayan karti hain, Nabi-e-Kareem ﷺ ne irshaad farmaya: Aye Aisha! Jis ghar mein khajoorein na hon woh log bhookay hain, Aye Aisha! Jis ghar mein khajoorein na hon woh log bhookay hain, aap ne yeh kalimaat do ya teen baar irshaad farmaye.

[Muslim, p871, Hadees: 5337]

❻ Hazrat Abu Huraira رضی اللہ عنہ bayan karte hain ke ek dafa Nabi-e-Kareem ﷺ ne apne ashaab mein khajoorein taqseem farmayin to mujhe bhi saat khajoorein ata farmayin, un mein se ek khajoor sakht thi.

[Bukhari, 3/538, Hadees: 5441]

❼ Hazrat Anas bin Malik رضی اللہ عنہ bayan karte hain ke Nabi-e-Kareem ﷺ namaz se pehle chand tar khajooron par roza iftaar karte thay. Agar tar khajoorein na hoti to chhuwaron par aur agar chhuwara bhi na hota to paani ke chand ghont nosh farmate thay.

[Abu Dawood, 2/447, Hadees: 2356]

Is hadees-e-pak se do maslay maloom hue: Ek yeh ke rozadaar iftaar namaz se pehle kare, namaz-e-Maghrib ke baad iftaar karna jaiz magar sunnat ke khilaaf hai. Doosra yeh ke chand khajoorein iftaar ke waqt khana masnoon hai teen ya paanch. ❁Haan agar kuchh maujood na ho to baad-e-namaz iftaar kar le. ❁Is tarteeb se pata laga ke tar khajoor par roza iftaar karna bohot acha hai, phir agar yeh na milein to khushk chhuwaron par iftaar karna, hamare Ramazan shareef mein kasrat se bazaar mein khajoorein aa jati hain aur aam taur par log khareedte hain, masjidon mein bhejte hain in sab ka maakhaz yeh hadees hai. ❁Nabi-e-Kareem ﷺ roti, chawal ya kisi pur-takalluf cheez par roza iftaar na farmate thay.

[Miraat ul-Manajih, 3/155]

Khajoor ke fawaid: Khajoor ek ghizaiyat se bharpoor ghiza hai jis ke be-shumaar tibbi fawaaid bhi hain, aaiye! un mein se kuchh fawaid mulaahaza kijiye:

- Mede aur jigar ko quwwat deti hai
- Khane ko hazam karti hai
- Badan ko mota karti hai
- Khoon paida karti hai.

[Khazain ul-Adwiya, 3/415]

- Balgham ko khatam karti hai.
- Imam Zahabi رحمۃ اللہ علیہ farmate hain: Haamila ko khajoorein khilane se اِن شاء اللہ ladka paida hoga jo ke khoobsurat, burdbar aur narm mizaaj hoga.

[Madani Panj Soorah, p356]

Note: Tamam ghizayen aur dawaiyein apne doctor ya hakeem ke mashware se hi istemaal kijiye.

[Mahnama Faizan-e-Madina March 2025]